

PARENTS

Please do the following daily before sending your child to school:

- *Reinforce Health Hygiene Practices with your children which include,**
 - *Proper Handwashing for at least 20 seconds with warm water and soap (Before eating, after using the bathroom, after blowing your nose, coughing or sneezing, if hands are visibly dirty, and when returning home)**
 - *Use hand sanitizer with at least 60% alcohol if soap and water aren't available**
 - *Do not touch your face with unwashed hands**
 - *Sneeze into your sleeve**
 - *Take child's temperature, when possible (should be below 100 Fahrenheit)**
- STAY HOME WHEN SICK**

Keep your Child HOME if:

- Fever 100.4 F or higher**
- Shortness of breath or difficulty breathing**
- Sore Throat**
- Muscle Aches and Pains**
- Cough (not related to asthma)**
- New loss of taste or smell**

**Student
may return to
school after
illness if:**

- Fever free without the use of fever reducing medications for 24 hours, unless diagnosed with COVID-19**
- Other symptoms have improved (for example cough or shortness of breath have improved) unless diagnosed with COVID-19**
- If your child has tested positive for COVID-19, follow directions of your health care provider**

How do parents know if their child should get tested for COVID-19?

Children who are sick at all should not go to school. Parents should check students for symptoms of COVID-19 every day before school. This quick assessment can help parents check for symptoms of COVID-19. It is not meant to replace any advice from a healthcare provider. If at any time a parent has questions about their child's health, they should seek advice from a healthcare provider.

If your child has a health condition that puts him or her at **higher risk** for severe illness from COVID-19, you should call a doctor or healthcare provider for advice.

Part 1: Symptoms	
Does your child have any of these symptoms?	
<ul style="list-style-type: none"> • Fever or temperature of 100.4° F (38° C) or higher. If you do not have a thermometer, check your child's skin to see if it feels warm or is red, or ask if he or she has chills or is sweaty. • Sore throat • Cough - if your child normally has a cough because of allergies or asthma, is this cough different than normal? • Shortness of breath • Muscle aches or pains • Decrease in sense of smell or taste 	
Yes, my child has at least 1 of those symptoms.	No, my child is sick, but does not have any of the symptoms listed above.
If you answered YES, move on to part 2.	<p>You answered NO, your child does not have one of the 6 eligible symptoms of COVID-19 for testing.</p> <p>Follow your school's sick policy. Most likely this will mean to keep your child at home until he or she has been fever-free (for 24 hours without medicine) and has not had any symptoms of sickness for 24 hours.</p> <p>If your child does not seem to be getting better, or is getting worse, your child should see a doctor right away.</p>
Part 2: Has your child been exposed to COVID-19?	
Has your child been in close contact to someone who tested positive for COVID-19, in the last 2 weeks (14 days)?	
This means he or she was closer than 6 feet or 2 meters (about 2 arm lengths) to the person for 15 minutes or longer.	
If your child came into close contact with someone at school who tested positive for COVID-19, the school or health department would have likely notified you and asked that your child quarantine.	
YES	NO
<p>If you answered yes to any questions in both parts 1 and 2, you should call a doctor or healthcare provider right away. Your child may need to get tested for COVID-19.</p> <p>Your child should not go to school until he or she has seen a doctor or healthcare provider because your child was in close contact with someone who tested positive for COVID-19.</p>	<p>Your child has one or more symptoms of COVID-19 but was not in close contact with someone who tested positive.</p> <p>You should call a healthcare provider to find out if your child should be tested for COVID-19.</p>

Children's COVID-19 symptoms

While children and adults experience similar symptoms of COVID-19, children's symptoms tend to be mild and cold-like. Most children recover within one to two weeks. Their symptoms can include:

- Fever
- Runny nose
- Cough
- Fatigue
- Muscle aches
- Vomiting
- Diarrhea

If your child has symptoms of COVID-19 and you think he or she might have COVID-19, call your child's health care provider. Keep your child at home and away from others as much as possible, except to get medical care. If possible, have your child use a separate bedroom and bathroom from family members. Follow recommendations from the CDC, the World Health Organization (WHO), and your government regarding quarantine and isolation measures as appropriate.

<https://www.mayoclinic.org/diseases-conditions/coronavirus/in-depth/coronavirus-in-babies-and-children/art-20484405>